

# HIGH FLYER

IN GOD WE TRUST, ALL OTHERS WE MONITOR

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SERVING THE BEALE AIR FORCE BASE, CALIF., COMMUNITY

MAY 18, 2007



Col. Jon Engle, 9th Operations Group commander, presents Amelia Periera, the cousin of a fallen WWII pilot, who's remains were recently discovered, with an American flag, during the pilot's memorial ceremony. (Photo by Airman 1st Class George Cloutier)

## Family of WWII pilot gets closure after 60 years

By Airman 1st Class  
George Cloutier  
9th RW Public Affairs

The final chapter in the life of a downed World War II pilot was finally brought to a close during a ceremony at the Foothills Chapel on Monday.

The memorial ceremony for Army Air Corps 1st Lt. Paul Mazal told a story of one young man's sacrifice during a time of extreme desperation and the efforts of the individual who dedi-

cated himself to the honor of a fellow warrior.

Lieutenant Mazal's P-47 Thunderbolt was shot down over Germany in 1945. There his body rested for sixty years until a German historian made a phone call to the man who would eventually finish Lieutenant Mazal's story.

Army Sergeant 1st Class Danny Keay is a part-time aviation archaeologist. In his free time he looks for downed World War II air-

see MAZAL page 3

## DOD blocks 12 Internet sites to protect grid

By Jim Garamone  
American Forces Press Service

WASHINGTON — Defense Department officials blocked access to 12 popular Internet sites from department-owned computers due to bandwidth issues May 14.

The sites are: youtube.com, pandora.com, photobucket.com, mspace.com, live365.com, hi5.com, metacafe.com, mtv.com, ifilm.com, blackplanet.com, stupidvideos.com and filecabi.com.

The popularity of the sites has not affected operations yet, but blocking them prevents them from causing such a problem, officials said.

"It is a proactive measure. We do not want a problem with demand for these sites clogging the networks," a U.S. Strategic Command official said.

The blocks affect only DOD computers and local area networks that are part of the department's global information grid. The department has more than

see INTERNET page 4

## 12th RS honored with CAFA award

By Staff Sgt. Zachary Wilson  
9th RW Public Affairs

The 12th Reconnaissance Squadron was recently named as the California Air Force Association's unit of the year for 2006 and will be presented with the award during a ceremony in Sacramento at the end of June.

The award, which was given by one of the state's premier civilian Air Force support organizations, recognizes the great accomplishments and milestones met by the squadron last year as it continued to develop the unmanned critical intelligence, surveillance and reconnaissance capabilities the Global Hawk provides, said a representative from the California Air Force Association.

"This award is given annually by CAFA at the state convention to the most outstanding ac-

tive duty Air Force unit stationed within the state of California," said Arthur Trost, CAFA awards chairman. "It is a very high honor and recognizes the outstanding efforts of the men and women (within the 12th RS) in furthering the goals and objectives of the United States Air Force."

The award highlighted one of Beale's newer and most unique squadrons -- the 12th RS. The squadron's mission is to provide theater commanders with near real-time, intelligence, surveillance, reconnaissance and target acquisition data. The unit also operates and maintains deployable, long-endurance RQ-4A Global Hawk aircraft and ground control elements to fulfill training and operational requirements generated by the Joint Chiefs of Staff in support of unified commanders and the Secretary of Defense, ac-

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Due to recent mountain lion sightings on and around Beale, some precautions are now in effect. See more on Page 10.

Beale's safety day fair is scheduled for today. For more information, see Page 5.



## OPEN LINE



*The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open Line. If*

*you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.*

**Open Line number:**  
634-8888

**Open Line e-mail:**  
9RWPA@beale.af.mil

**Brig. Gen. H. D. Pumbo, Jr. is the 9th Reconnaissance Wing commander at Beale. (Photo by John Schwab)**

# Training: From the rubble of Khobar to the readiness of Kabul

*By Col. Stephen Sheehy  
9th Maintenance Group  
commander*

Without a doubt, you are part of the greatest Air Force in the world. That is not just a line or a bumper sticker used for recruiting. It is the truth and for a simple reason; we train our personnel, regardless of their specialty or rank, from the moment they enter the Air Force until they separate or retire. Our Airmen and general officers alike receive the training they need. The idea of continued education is one of the prime pillars in making our Air Force, the greatest in the world. This continued training gives us something that I call instinctive skills.

The idea of instinctive skills came to me about five years ago at a chief induction ceremony. As I was eating my meal and talking to the other attendees, I noticed a junior NCO across the table from me who was wearing a ribbon that is rarely seen. I had some doubt of what I was really looking at, so I asked the individual what that medal on his chest was. He very humbly confirmed it was a Purple Heart. After another bite of chicken, my curiosity got the best of me, and I had to ask him how he received it. In a very monotone voice he said, "Sir, I was in Khobar Towers." Now I have met plenty of people who boast

they were at Khobar before the bombing. I've met even more that proudly claim that they were there right after the explosion. I have never met someone who was in Khobar Towers when that deadly bomb was set off. I had never met someone who was in that building that we have vividly seen on the news, on the front pages of newspapers and magazines, and in our terrorist briefings. As my admiration for this NCO grew, so did my curiosity. I had to know how bad he was really hurt. That is when I received the answer I was not expecting. He said, "Sir, I really didn't know how bad I was. I was lying there being treated. What I really remember is watching my fellow Airmen jumping into action. They were taking care of me as well as the others that were hurt. They were doing what they were trained to do."

What this American hero witnessed were instinctive skills in action. Each of those Airmen caring for the others, carrying the wounded down the stairs, and grabbing fire bottles to fight flash fires were executing the training they received annually. Each year we "sit through" training that we don't use in our daily job, like chemical warfare, self-aid and buddy care, fire extinguisher training, and even our physical fitness training. This type of training has many

names; annual training, ancillary training or deployment training, regardless of what it is called, these courses are simply the foundation of our warfighting skills.

Five years ago, it was very rare to see a Purple Heart on an Airman's chest, unfortunately today it is not uncommon. Daily, we can find 9th RW Airmen in harms way. We have civil engineers integrated into U. S. Army combat engineer units clearing minefields and building roads in the middle of Afghanistan. We have contracting and finance specialist driving the roads in Iraq setting up and paying for contracts. We have munitions troops in bomb dumps that are getting shelled every other day. Our security forces personnel are guarding prisoners. The Air Bases in the region have become the "home base" for our Army and Marine brethren and have become targets for our enemies. With the increased threat level at our deployed locations, our warfighting skills must be so deep-rooted that they become instinctive skills, this includes our physical fitness.

We don't want to use the skills we learn in the deployment training courses, for if we do, something bad has happened. If the situation arises where these skills are needed, then is not the time to try and remember what that instructor was



**Col. Stephen Sheehy**

teaching you, but to leap into action with an instinct; the same way those Airmen did in the Khobar Tower tragedy. At places like Kandhar or Balad, we must have finely tuned instinctive skills. When you have to operate in your chemical ensemble, you need to put it on with the know-how to ensure it can protect you. When someone needs you to administer first aid, his or her lives will depend on you and your instinctive skills. When you have to fire your weapon, there is no time to think about how to use that weapon. When operating in 100 plus degree temperatures in your "battle rattle", you need the physical fitness to carry yourself through a grueling day. You have to do more to survive to operate than

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**MAZAL from page 1**

planes and also the remains of those who have been missing in action.

"The German historian informed us back in 2005 that 'I have a crash site here, and I'm sure it is an American lieutenant,'" Sergeant Keay said.

Sergeant Keay had to figure out what to do with the site, and fast. The German government was preparing to build a road over the crash site. Within months he assembled a team of volunteers and on August 17, 2005, began the excavation. It didn't take long before Sergeant Keay and his team knew they had found something unique.

"We commenced to dig at 7:30 in the morning," Sergeant Keay said. "At 8:30 we found a panel that had a serial number on it, so we knew it was the right plane. At 11:30 we found the remains of the pilot."

According to Sergeant Keay, the pilot, Lieutenant Mazal, was quite unlike many of the other pilots he had seen in his time as an aviation archaeologist. Despite the exposure to the elements, Lieutenant Mazal's remains were still quite intact, which made him less of an artifact and more of a human being.

"Paul was still wearing his parachute, his jacket was

still zipped up, his boots were there, basically you're talking about a human, not just remains, so he became closer to us," Sergeant Keay said. "He had his dog tags, aviator wings...everything."

The next step in the process was to contact Paul's family. The closest living relative of Paul's Sergeant Keay could find was his cousin, Amelia Periera, who lives in Courtland, Calif.

Mrs. Periera said when she first got the call that somebody had located her cousin Paul, who she hadn't seen for sixty years, she didn't know whether to believe it or not. Since that first call however, a part of her life that has been missing has been given back.

"I never got over the loss of Paul, we were buddies," Mrs. Periera said. "Paul was more like a brother to me, because we grew up together, all the way through high school."

Mrs. Periera said she'd be all right now that Paul is back home and those who knew him finally have closure to his story.

"So many beautiful things have happened that I know I'll be OK," Mrs. Periera said.

Lieutenant Mazal's remains now rest with his cousin, Mrs. Periera, near the place they were raised.



By Chief Master Sgt. Michael Baca  
99th Aircraft Maintenance Unit superintendent

I recently returned from Osan Air Base, Korea, where I attended the 5th Reconnaissance Squadron's combat dining-in celebration commemorating their 90th anniversary as a squadron. Col. Steven Sheehy, 9th Maintenance Group Commander, was the guest speaker for the evening and in between dodging water balloon attacks he delivered a thought provoking speech that began with a description of the long and storied history of the 5th RS which started with the 5th Aero Squadron on May 5, 1917.

His speech included examples of individuals whose professionalism shaped the legacy of the squadron. People like Donald Dacier, an enlisted WWII gunner in the 5th Bomber Squadron credited with a shoot down of a Japanese fighter over Kobe Japan and Private Glenn Madole, who helped design the wheeled landing gear that ended up on the squadron's first airplane, the JN-4 Jenny. I pictured black and white photos of ancient warriors in wood and paper airplanes. Pioneers of aviation but a bit removed from the

here and now. I couldn't quite relate. Colonel Sheehy's speech took a twist as he began to describe the actions of another member of the 5 RS's long history, Tech. Sgt. Norma Garrison. My mind immediately refocused ... did he say Norma Garrison? She is a present member of the 5 RS and was in the audience as he spoke. He described her recent contributions which included organizing the very combat dining-in we were attending. Colonel Sheehy's clever twist brought the history home to everyone there that night. It made us all think of what the speaker at the 180th anniversary would say about the legacy of the 5 RS Blackcats who flew U-2 combat missions out of Osan Air Base, Korea and whose dedication to service kept our nation free in 2007.

You are a member of the 9th Reconnaissance Wing whose lineage and honors derive from the 9th Bombardment Wing, activated on June 11, 1922.

You have the opportunity to contribute to the long and storied history of our Air Force and the 9th RW everyday that you put on the uniform. What will be your legacy?

## WARRIOR SPOTLIGHT

### Staff Sgt. Jeremiah Lybolt

**Unit:** 9th Services Squadron

**Job:** Contrails Inn Dining Facility shift leader

**Hometown:** Modesto, Calif.

**Air Force goal(s):** To leave my Airman with quality guidance on and off duty

**Time in the Air Force:** Six years

**Hobbies:** Any activity with my beautiful wife and daughter

**The thing I like best about**

**Beale AFB:** My family, supervisor, and Airman I work with



Staff Sgt. Jeremiah Lybolt is a 9th Services Squadron Contrails Inn Dining Facility shift leader. (Photo by Airman 1st Class Robert Biermann)



**TRAINING** *from page 2*

that junior NCO who survived the Khobar Towers bombing.

At the next annual course you attend, please do not just "sit through it." Try to engrain that skill deeper into your way of life. Reflect on that NCO who is walking around with that Purple Heart today—he is alive because of instinctive skills of someone he didn't know. Think about your next deployment as you are in that class or taking that CBT. You can increase your survival rate, or more importantly, the survival of your Wingman or someone you do not even know. Use those annual training classes to increase your instinctive skills. This is also true for your physical fitness test. Our deployments are becoming more physically demanding. The Air Force has made positive changes to allow each of us to be better physically fit by allowing us to work out on duty—making PT a condition of our job. Once you are deployed it is too late to get fit, because you do not make the call when the enemy is going to test you. I implore you to embrace the AF Core Value of "Excellence in all you do" when you think about physical fitness. Look at your last PT score. Was it the best you could do, or simply what you needed to do to get by? Pick a certain category of your PT test and set a goal to increase that score over the next couple of months. Then the next few months focus on another aspect. Pick a Wingman to help you better your PT score. In doing that you will be in the "Excellent" range very quickly, and be a healthier and more combat ready Airman.

You will have instinctive physical fitness skills. You are a member of the greatest Air Force that has ever been. We have reached this pinnacle because of our training, which is engrained in us as instinctive skills. With continuous growth in those instinctive skills, you will be ready for your next deployment wherever it is. As your instinctive skills increase, you continue to make our Air Force even greater.

**INTERNET** *from page 1*

15,000 local and regional networks and more than 5 million computers in the grid.

Department officials said they are not making a judgment about the sites. Blocking the sites "is in no way a comment on the content, purpose or uses of the Web sites themselves," the official said. "It is solely a bandwidth/network management issue."

Offices with a need to access these sites from government computers can request exceptions to the policy.

Global network operations officials will continue to assess the stresses and strains on the global information grid, and may add or subtract sites as needed, officials said.

**AWARD** *from page 1*

cording to the squadron's mission statement. The 12th RS' commander, Lt. Col. John Winstead, said he was surprised but honored to be selected for the award. He also appreciates that the hard work of the men and women of his squadron garnered the squadron and Global Hawk mission the award. He also emphasized that though the 12th RS won the award, it was a joint-effort with the 18th RS, Beale's Global Hawk training squadron. According to Colonel Winstead, the squadron stood out from other California Air Force units because of "the uniqueness of the platform and the challenges associated with fighting a war while at the same time developing platform capabilities and maturing tactics with the support and training from our sister squadron, the 18th RS, who also fly combat missions with us," he said. "I must credit the 18th RS for helping us win this award because here at

Beale we are all really one Global Hawk community."

Since being re-activated as an active Air Force operational squadron in 2004, the 12th RS has devoted much of its attention to providing ISR support in the Global War on Terror effort.

"We find pride in being the provider of information to the sexy fighter units and steely-eyed ground units that make the kill who so often get the spotlight," Colonel Winstead said. "We, like our DCGS brothers, get our motivation from being the behind-the-scenes enabler."

Several factors that led to the squadron winning the award included the fact that the squadron has been safely flying an aircraft in combat, executing our own operational testing, and working our way through various malfunctions that the engineers did not foresee or provide guidance for in our flight

# AIA to become ISR Agency

WASHINGTON — Air Force officials here announced May 14 a force structure change designating the Air Intelligence Agency at Lackland Air Force Base, Texas, as the Air Force Intelligence, Surveillance and Reconnaissance Agency.

AIA reported to Air Combat Command, but the new agency will be aligned under the Air Force deputy chief of staff for Intelligence, Surveillance and Reconnaissance (A2) as a field operating agency. The change will become effective June 8.

"The realignment of the newly designated, Air Force Intelligence, Surveillance and Reconnaissance Agency under Air Force A2 will underscore the nature of ISR as an Air Force-wide enterprise," said Lt. Gen. David Deptula, the Air Force deputy chief of staff for A2.

Gen. T. Michael Moseley, the Air Force chief of staff, said this realignment is a key element in transforming the approach the Air Force is taking to ISR organization.

"Because ISR capabilities are at the core of determining these desired (warfighting) effects, ISR has never been more important during our 60 years as an independent service. ISR has become the foundation of global vigilance, reach and power. The ISR transformation initiatives we are beginning will further enhance our ability to fly and fight as America's Air Force," General Moseley said.

General Deptula chartered three ISR transformation working groups to continue General Moseley's vision and focus in the areas of ISR capabilities, personnel and organization. After thoughtful dialogue and careful consideration of warfighter and intelligence community needs, the Air Force ISR Agency was born.

"The Air Force ISR Agency will now be responsible for broadening their scope beyond the signal intelligence arena to include all elements of ISR," General Deptula said. "The intent is to

provide unmatched ISR capability to our nation's decision makers and combatant commanders."

"Last August General Deptula defined the vision of AF/A2 to transform Air Force intelligence into a preeminent intelligence organization; with the most respected intelligence personnel; and the most valued ISR capability," said Maj. Gen. John C. Koziol, the Air Force ISR Agency commander. "This realignment is the result of nine months of hard work by ISR professionals in the Air Force and civilian sector. Air Force ISR transformation will allow us to treat intelligence as an Air Force-wide enterprise, coordinate and integrate ISR capabilities, and present those capabilities to joint warfighters and national users."

The new agency force structure includes the 70th Intelligence Wing and the Air Force Cryptologic Office at Fort George G. Meade, Md.; the National Air and Space Intelligence Center at Wright-Patterson AFB, Ohio; and the Air Force Technical Applications Center at Patrick AFB, Fla. The Air Force Information Operations Center at Lackland AFB was reassigned to 8th Air Force May 1 in a parallel transformation to emphasize cyberspace as an Air Force operating domain.

"The organizational realignments will enable the Air Force ISR Agency to transform our approach to ISR by managing systems, programs, and personnel through a capabilities-based construct, rather than focus on ownership or myriad unconnected budget lines," said Brig. Gen. Jan-Marc Jouas, the Air Force ISR Agency vice commander.

"Air Force ISR is on the move," General Koziol said, "and this is an important step forward for world-wide ISR operations and how we forge the way to seamlessly integrate both tactical and national ISR operations."

manual, Colonel Winstead said. "We are doing it with pilots who usually have less than 100 hours in the aircraft. We were mishap free throughout 2006 and, so far, 2007."

While the Global Hawk's mission is relatively new to Beale and the rest of the Defense community, the award recognizes not only the accomplishments over the past year but also the potential the platform brings to the fight, Colonel Winstead said.

"To quote a fellow Global Hawk commander, Lt. Col. D. J. Anderson, 'we are the high-priced rookie' and we are still working out our strengths and weaknesses on the team, but we have definitely established ourselves as varsity players," Colonel Winstead said.

While the war takes up much of the squadron's attention, they are also in the process of continuing to build their squadron at Beale and are planning on

the next Global Hawk arrival.

"The Edwards troops have wrung out another jet and established that it is ready for prime time - we will move that one within weeks," Colonel Winstead said. "They also have a second jet they are getting ready for us that will not be very far behind."

As the Global Hawk mission continues to expand and provide support to warfighters on the ground daily, the efforts of the 12th and 18th RS has not been ignored.

"My day is so much easier when the Global Hawk is flying," said the director of ISR at the Coalition Air Operations Center.

The California Air Force Association would seem to agree.

"We look forward to being able to honor the personnel of the 12th Reconnaissance Squadron on June 30 in Sacramento," Mr. Trost said.

# Community Briefs

## Safety day fair

Today the 9th Reconnaissance Wing is taking time away from the mission to focus on safety.

The day is dedicated to base activities that promote an atmosphere of teamwork and safety.

As Team Beale enters the 101 critical days of summer, the potential for accidents on and off duty increases. Today is a proactive initiative to eliminate those accidents, which can be prevented such as sports injuries, outdoor activity accidents, and vehicle or motorcycle accidents. All are invited to attend any of the events.

For more information, call 634-4026.

## Youth soccer registration

Registration for the Yuba-Sutter Youth Soccer League will be held at the Base Exchange today from 5 to 7 p.m. and Saturday from 9 to 11 a.m. for ages 5 to 18. Registration is \$85 per child, which includes the uniform cost, and a valid birth certificate is needed. Practices will be held on base and games are played at the Wheeler Auto Center Park in Marysville on Saturdays. In previous years, players were allowed to wear uniforms from former seasons. This is no longer the case.

For more information, call Nick Gasper at 300-2795 or e-mail to [ysyslbeale@excite.com](mailto:ysyslbeale@excite.com).

## VA Work Study students needed

The Beale Education Center and Yuba College Beale Outreach center are seeking VA Work Study students to fill support positions in the Beale Education Center office. Qualified applicants must be currently attending Yuba College and must be eligible for VA Work Study benefits. Hours are flexible to meet student and office schedules. Some evening hours are available. Representative duties include assisting with processing applications for admission and registration, explaining forms, filing and maintaining student records, among other things. For more information, call William Kono, at 634-2525 or Susan Downing at 788-0973.

## Available NAF positions

The following Non-Appropriated Fund positions are available at Beale: Child development program assistant, food service worker, cashier and checker, waiter, cook, custodial worker, sundry clerk, custodial worker leader, recreation assistant, caterer, training specialist, recreation aid, skills development program manager, swim instructor, lifeguard, school age program assistant. For more information, call Beatris Logan at 634-2316.

## Bundles for Babies

Bundles for Babies is scheduled for Wednesday from 5 to 7:30 p.m. at the

Airman and Family Readiness Center. All active duty Air Force and family members about to have a new baby are invited to attend. Instruction includes tips on prenatal care, what to expect when expecting, financial changes and planning, how to avoid scams that target new parents, and coping with the stresses of new parenthood. For more information or to register, call 634-2863.

## TAP seminar

The next Transition Assistance seminar is scheduled for June 4 to 8 from 8 a.m. to 4 p.m. Whether retiring or separating from military service, this program is designed to make the transition to the civilian world an easy one. Topics included are VA benefits, Troops to Teachers, military reserves, Tri-Care, financial planning for transition and more. Spouses are encouraged to attend. For more information or to register, call 634-2863.

## Wingman training

Wingman training is scheduled for June 5 at 8 a.m. at the Airman and Family Readiness Center. Learn to be an outstanding wingman to a Team Beale member on their return from deployment. For more information or to register, call 634-2863.

## Covey training

Covey training is scheduled for

June 12 to 14 from 7:30 a.m. to 4 p.m. at the Airman and Family Readiness Center. Learn "The 7 Habits of Highly Effective People." For more information, call 634-2863. To register, call Claudia Moller at 634-2801.

## Three Day TAP

The next 3-day Transition Assistance Program is scheduled for June 26 to 28 from 8 a.m. to 4 p.m. The 3-day TAP class is a condensed version of the 5-day TAP class and is designed for individuals who know what they want to do upon leaving the service. To register, call 634-2863.

## Legal office closure

There will be no legal assistance offered Wednesday. For more information, call the legal office at 634-2928.

## Beale Thrift Shop

The Beale Thrift Shop's 50 cent sale is back. Stop by and find many deals on summer clothing for the whole family, as well as low prices on many other items. Hours of operation are 9:30 a.m. to 1:30 p.m. Tuesdays and Thursdays. Consignments are accepted until 12:30 p.m. Call ahead to drop off large items. Proceeds from sales go to the Beale Officers' Spouses' Club's charitable fund used for scholarships and community donations. The thrift shop is located in the

see **COMMUNITY**, page 6

## May 18 Puzzle Solution



# BAADD 634-5555

## COMMUNITY from page 5

Omni parking lot across from the commissary. For more information, call 634-1893.

### Flower voucher program

The flower voucher program is now underway for family housing residents. The 9th Civil Engineer Squadron Housing flight is issuing flower vouchers, valued at \$30, to residents for the purchase of flowers at the Base Exchange through June 2. Vouchers are issued at the U-Fix-It store, located in the housing area at 5140-D Flamingo Court, off West Garryana Drive. Vouchers can be picked up from 10 a.m. to 4 p.m. Tuesday through Saturday. For more information, call the housing office at 634-2793.

### Breastfeeding support group

A free Breastfeeding Support Group is open to all women and children Mondays at 9:30 a.m. in the Foothills Chapel. For more information, call Julie Mathews at 788-7660.

### Get moving in May

May is National Physical Fitness and Sports Month. Take the the President's Challenge or participate in the Active Lifestyle Program. For more information, visit [www.presidentschallenge.org](http://www.presidentschallenge.org).

### Car seat inspection

A car seat safety inspection is scheduled for Thursday from 1 to 4 p.m. at the Child Development Center.

Each year thousands of young children are killed or injured in car crashes due to incorrect use of car seats. This free inspection will ensure car seats are correctly installed. For more information, call Roberta Trumm at 634-0626.

### Yuba College registration

Students may now begin registering for summer and fall Yuba College classes by visiting the Yuba College Beale Outreach office located inside the Education and Training center. Class schedules are available at [www.yccd.edu](http://www.yccd.edu). For more information, call Susan Downing at 788-0973.

### Beale Veterinary services

The Beale Veterinary Treatment Facility's hours of operation are Monday to Friday from 8:30 a.m. to 3:30 p.m.

The VTF is closed on weekends, holidays and as necessary, to meet mission requirements and military training. The VTF holds minor sick-call and vaccination clinics each month. Appointments can be made by calling 634-2104 during operating hours or by stopping by the VTF.

Health care can only be provided to animals that are not being maintained for profit sales or any other commercial purpose. The facility offers health certificates, immunizations, parasite control, zoonotic disease control, heart worm testing and prevention, microchips, pet adoption and limited outpatient treatment. No emergency services are available and the VTF does not have the necessary facilities or

staff to provide hospitalization or intensive veterinary care. For more information, call 634-2104.

### Registration of dogs and cats

All dogs and cats on base are required to be immunized against rabies and registered annually. The Beale Veterinary Treatment Facility recommends a full series of vaccinations in addition to the rabies vaccination. Dogs and cats residing off base must be registered with the city. More details may be obtained at the VTF.

Animals residing on Beale must be registered with the VTF within ten working days of arrival. Proof of rabies immunization is required of all dogs and cats over three months of age at the time of registration. Registration and immunization may be required on a yearly basis. If animals were not vaccinated at the Beale VTF, bring the certificate of rabies vaccination to the VTF for registration and/or update of their records. For more information, call 634-2104.

### Animal health certificates

Animal health certificates are available for interstate and overseas travel from the Beale Veterinary Treatment Facility. Certificates are valid for 10 days when traveling overseas or by air and 30 days when traveling in the continental United States. Animals must be examined within the 10 or 30 days prior to arrival at the destination. Contact the VTF at least 60 days prior to shipment to foreign countries for entry

requirements. For more information, call 634-2104.

### Mosquito fogging

The 9th Civil Engineer Squadron Entomology shop will be fogging the base for mosquito control until the end of June. Spraying will begin at 9 p.m. on Tuesday and Thursday evenings. The chemical, approved by the Environmental Protection Agency, California authorities and the Air Force, presents little to no risk to families and pets.

However, families and pets should remain indoors during spraying periods.

For more information or questions, call Public Health at 634-4883 or Entomology at 634-2714.

### Vacation Bible School

Vacation Bible School is scheduled for June 11 to 15 at the Foothills Chapel from 9 a.m. noon. Children from pre-school age (potty trained) to those entering the sixth grade are eligible to participate in this year's "Avalanche Ranch" themed VBS. Registration will be held after Sunday services and during Foothills Chapel normal business hours. For more information, call 634-4701.

### Beale advisory council

The next Beale advisory council meeting is scheduled for Wednesday at 9:30 a.m. in the 9th Mission Support Group conference room, located in Building 2400.







## **Congratulations to the following Community College of the Air Force Graduates:**

*(Graduates are listed from right to left)* Front row: Staff Sgt. Erick Bran, Senior Airman Victoria Menchaca, Senior Airman Mauricio Guzman, Master Sgt. Kenneth Gleason, Senior Airman Brooke Mayberry, Tech. Sgt. Stuart Knop, Master Sgt. Todd Mohs, Senior Airman Colleen Zaremba; Staff Sgt. Erica Brittingham, Staff Sgt. Anthony Duncan, Staff Sgt. Thomas Akers and Staff Sgt. Jamie Grabowski.

Back row: Master Sgt. Christopher Caufman, Master Sgt. James Holman, Master Sgt. Robert Holland, Tech. Sgt. Robyn Davis, Senior Airman Robert Gulliver, Senior Airman Eliu Moreno, Staff Sgt. Corey Hagopian, Senior Airman Calloway Jamerson, Master Sgt. Richard Conner, Jr., Master Sgt. Richard Potocki, Staff Sgt. Johnathon Maurer and Staff Sgt. Runald Renoblas. *(Photo by John Schwab)*

## **Beale AFB Chapel Programs** **Helping You to Stay Spiritually Fit!**

### **Protestant Sunday**

0900 Foothills Chapel Praise Service with Nursery  
1030 Sunday School at Lone Tree Elementary ages 3 to Adult  
1100 Valley Chapel Gospel Service with Nursery

### **Tuesday**

1800 at Foothills Chapel AWANA - Cubbies to T&T with Nursery

### **Wednesday**

0900 at Valley Chapel PWOC (Protestant Women of the Chapel) with Nursery  
1900 at Valley Chapel Bible Study with Nursery

### **Friday**

Monthly Officer Christian Fellowship – POC Capt Stremmel 634-3897  
Protestant Youth, Puppet Ministry, Protestant Men – POC Ch Olson 634-4701

### **Catholic Sunday**

0900 Religious Education at Lone Tree Elementary preschool to 12th Grade  
1030 Foothills Chapel Mass  
1700 Foothills Chapel Mass RCIA, Catholic Youth, Catholic Women/Men, Bible study, Baptisms – POC Leila at 634-4707

### **Daily**

1130 Foothills Chapel Mass except Thursday

### **Islamic Friday**

1300 Valley Chapel Islamic Prayers – POC Ed Helalian at 634-3834

### **Pagan Saturday**

1400 Valley Chapel discussion group – POC George Cloutier 634-8887

*Question may be directed to the Chapel Staff at 634-4701 or 634-4705  
Valley Chapel is at 6199 C Street on the main base near the Bowling Alley*

*Foothills Chapel is at 15001 Camp Beale Highway in the housing area*

*“Glorifying God – Honoring Airmen – Serving All”*



## **Hearts Apart dinner**

**Airman 1st Class Amanda Martin, 9th Aircraft Maintenance Squadron Client Support Administrator helps Rachel Hall, a military dependant, color in her coloring book Wednesday at the Hearts Apart dinner at the Contrails Inn dining facility. Hearts Apart is a free dinner along with a night of activities for families of servicemembers who are deployed, or an extended or remote TDY. (Photo by Airman 1st Class George Cloutier)**

***Integrity first, Service before self,  
Excellence in all you do***



# Beale Bijou

634-2521

## Friday evening Alpha Dog (R)

*Justin Timberlake, Bruce Willis*

Johnny is a Los Angeles drug dealer. He comes from a good family, owns his home, several cars and enjoys partying with his friends. When his friend Jake welches on a debt, Johnny and his boys kidnap Jake's 15-year-old brother Butch and hold him as a hostage. Even though Butch has numerous chances to escape, he doesn't. He's enjoying partying with them and having a good time -- until something goes horribly wrong.

## Friday evening Letters from Iwo Jima (R)

*Ken Watanabe,  
Kazunari Ninomiya*

The story of the battle of Iwo Jima between the United States and Japan during World War II, as told from the perspective of two good friends serving in the Japanese forces, who watch helplessly throughout various battles as their comrades are killed.

## Wednesday evening The Astronaut Farmer (PG)

*Billy Bob Thornton,  
Virginia Madsen*

From the time he was a child, Charles Farmer had only one goal: to be an astronaut. Earning his degree in aerospace engineering and joining the Air Force as a pilot, Farmer was a natural for NASA's astronaut training program and was well on his way when a family situation forced him to drop out. But Farmer was not a man to let anything stand in the way of a dream. He spent the next decade and every cent he had building his own rocket in a barn on his ranch in Story, Texas, working toward the day when he could triumphantly launch it into space. Farmer knows this is his only chance—not only to reach his goal of breaking through the Earth's atmosphere but to instill in his children the courage to pursue their own ideals and never give up, no matter the odds.



**Movies are shown at the  
Community Center.**

**Evening movies play at 6 p.m.**

**The cost is free.**

**For more information, call 634-3165.**

# DeCA reduces on-the-job accident rate

By Lynda Valentine  
Defense Commissary Agency

FORT LEE, Va. -- The Defense Commissary Agency has reduced its on-the-job accident rate and met all goals set by a presidential initiative to reduce preventable accidents in the workplace.

The president's Safety, Health and Return to Employment initiative, termed SHARE, was launched in fiscal 2004 to improve safety and health in federal workplaces and reduce financial costs to taxpayers. It focused on reducing workplace injuries and illnesses and reducing the number of days lost from work. In addition, the program improved the process for documenting injury compensation claims.

Using an array of strategies that relied on command leadership and support and included employee participation, safety awareness and training, hazard identification, and continuous evaluations, DeCA was able to reduce its total accident rate from 4.98 per 100 employees in 2003 to 3.67 per 100 in 2006. This also resulted in a decrease in the agency's lost-time accident rate from 2.76 to 2.41. Lost-time accidents are those that result in employees losing time at work or put on job restrictions or transfers due to their injuries.

Employee participation included quarterly store-level safety councils, department-level safe-

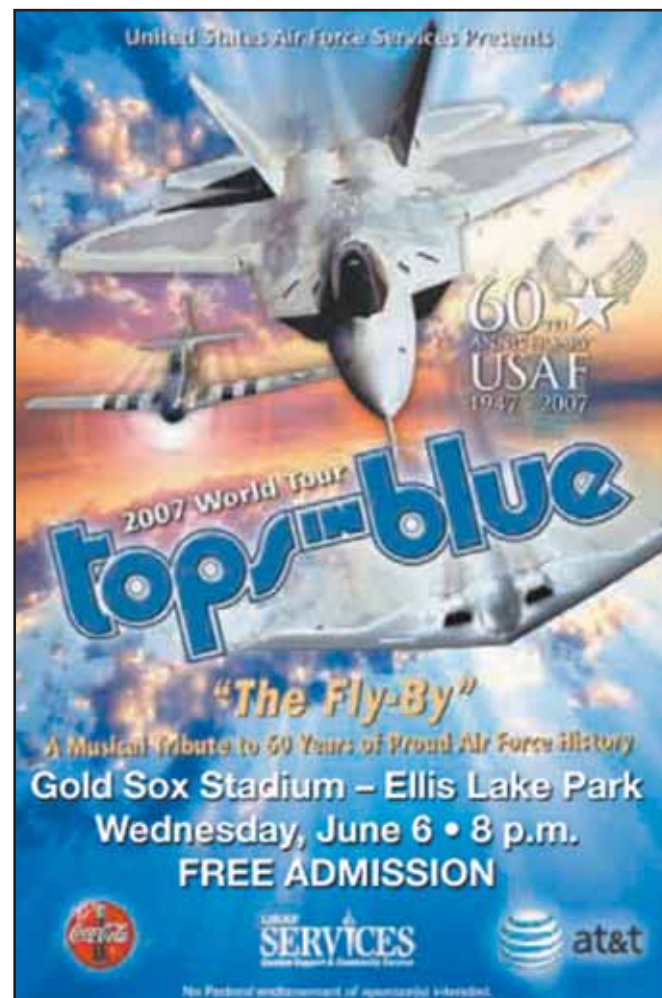
ty meetings and the introduction of the "safety-buddy" system, says Mike Corley, DeCA's safety program manager. "Awareness initiatives included the IMSAFE campaign (Integrated Monthly Safety Action/Focus Elements), which we published and distributed to all facilities monthly," he adds.

DeCA met SHARE objectives by educating managers on the importance of reporting injury compensation claims faster and providing guidance and support on ways to return injured employees back to gainful employment, notes Karen Wells, personnel management specialist in DeCA's human resources directorate.

"Providing a safe environment for our workforce preserves and protects our greatest asset - our people," says DeCA Director and Chief Executive Officer Patrick Nixon.

"Managers, supervisors, and every employee must be actively engaged in this initiative," Nixon adds. "I ask that each of you commit to finding ways to improve the safety of our workplace so that we can continue the momentum of the first three years. By maintaining a healthy, ready workforce, we increase our ability to provide the commissary benefit to our customers."

The success of SHARE throughout the federal government resulted in the president signing a three-year extension of the initiative through 2009.



## Mountain lion precautions

By 2nd Lt Ashley Peltier  
9th RW Public Affairs

Base officials have been notified of several recent mountain lion sightings on and around Beale, specifically near the running and walking trails and in areas of residential housing.

While California is mountain lion country and this is a normal occurrence, the following precautions can help reduce chances of attracting a mountain lion and are in effect until further notice:

**Joggers and cyclists:** Avoid the trails between 7 p.m. and 7 a.m. Do not hike or run alone. Go in groups, with adults supervising children.

**Keep Children Safe:** Pay close attention to children between 7 p.m. and 7 a.m. Keep them indoors during these times. Talk with children about mountain lions and teach them what to do if they encounter one. Keep children in sight at all times.

**Keep pets secure:** Roaming pets are easy prey for hungry mountain lions. Do not leave pet food outside from dawn to dusk. Keep pets inside at night, especially in housing areas near open, undeveloped areas.

Remove low-lying vegetation that would provide good hiding places for mountain lions, especially around children's play areas. If an encounter occurs, try to appear larger than the mountain lion. Pick up small children. Throw stones, branches or whatever is in reach without crouching or turning away from the lion. Wave arms slowly and speak firmly in a loud voice. Doing this should convince that the individual is not prey, but rather a danger to it.

The following Web site, <http://www.dfg.ca.gov/lion/>, provides additional information on mountain lion behavior and practical advice if you encounter one.

Immediately report suspected mountain lion activity to the Law Enforcement desk at 634-2131.

For more information, call Tech. Sgt. Mark Lotre at 634-2038.

(Information courtesy of the 9th Civil Engineering Squadron and Chuck Carroll, the Natural Resources manager)

## Beale donates to local individuals, organizations

By Airman 1st Class  
George Cloutier  
9th RW Public Affairs

The Beale Officers' Spouses' Club has been hard at work raising money to help raise the quality of life for Team Beale and those in need in the surrounding area.

Over the past year, the BOSC donated over \$20,000 to individuals and organizations at Beale and in the surrounding area, with a focus on the Beale community.

"To raise that kind of money for us was fantastic," said Amanda Jones, BOSC president. "I think it's cool to see that we can raise this money and then give it away."

According to Andy Storm, BOSC charitable treasurer, the BOSC has donated to multiple charities, agencies and individuals, including the base library, Honor Guard, Beale Girl Scouts, Twin Ridges Home Studies, Airman's Attic, Lone Tree Elementary School, Airman and Family Readiness Center, Fire Prevention Week and the

child abuse awareness campaign. Their largest donation is to scholarships for Beale dependants.

"We're going to give \$9,000 in scholarships to high school seniors and military spouses," Mr. Storm said.

"The scholarships are our primary goal," Mrs. Jones said. "We're here for the people who want to better themselves through education."

One of the main sources of the BOSC's fund raising was the previous Shamrauction, where they raised \$7,000. Their other main fundraiser is the base thrift shop.

"Every penny from the thrift shop goes right to charity," Mrs. Jones said. "Volunteers are always appreciated."

The Beale Thrift Shop is located on B Street near the northeast corner of the Omni parking lot, near the Commissary and Military Clothing Sales.

Hours of operation are 9:30 a.m. to 1:30 p.m. Tuesdays and Thursdays. Consignments are taken until 12:30 p.m.

Donations may be dropped off during business hours.



# Substance abuse: Tips to staying out of 'hot water'

By Trudy Sandoval  
9th Medical Operations Squadron  
Drug Demand Reduction Program manager

Define substance abuse.

It might be surprising to learn that one person's definition might not be compatible with the Air Force definition.

According to Air Force Instruction 36-3208, substance abuse is defined as, "The illegal, wrongful, or improper use, possession, sale, transfer, or introduction onto a military installation of any drug. This includes improper use of prescription medication."

Wrongful or improper use means without legal justification or excuse and includes use contrary to the directions of prescribing healthcare providers.

Prescriptions should only be taken by the individual for whom the prescription was written, purpose prescribed and only as directed.

Wrongful or improper use of a substance is a breach of discipline and is not compatible with Air Force service.

The Air Force does not tolerate such conduct; therefore, drug abuse can lead to criminal prosecution resulting in a punitive discharge or administrative actions, including, separation or discharge under other than honorable conditions.

Do not risk a career and future by abusing substances including prescribed medication. If in doubt, get in touch with a medical provider and ask for advice. It's better to be safe than sorry.

Expired or unused medications must be disposed of properly.

Do not flush prescriptions down the toilet.

Instead, first remove all the prescriptions labels from the bottle so no one knows what is inside. If the prescription is in pill form, simply add water to the bottle and duct tape the lid closed. If it is a liquid, fill the bottle with either salt or powdered soap and tape the lid closed. Then throw them away in the trash.

For more information on drug demand reduction, call 634-2072.

# Editorial: How to make a home fire safe

By Pam Tarrant  
9th Civil Engineer Squadron  
Fire Prevention office

April showers have brought both May flowers and tall green grass. The days are also starting to get longer, and while it's still cool, all Team Beale members should start thinking about spring clean up. With longer days ahead, it's time to get outdoors and begin getting yards in to the springtime condition. It is a necessary fact of life -- those living on base must clean up, mow and edge their yard, but wait ... don't finish yet. Pride and fire safety go hand in hand.

Over the winter, leaves may have accumulated along with other trash around the house. The grass is beginning to grow, along with the weeds, and maybe you've neglected to put everything away in the carport all winter. Below are several hints to keeping quarters and surrounding area fire safe:

\* Go around the house and remove all dried leaves, weeds, twigs and paper and trash combustibles.

\* Make sure all of flammables, i.e., gasoline and paints, are stored in a locked shed in approved containers. No storage is allowed in the mechanical room.

\* Mow and edge the yard, weed-eat between the cracks in the sidewalk, and watering the yard. A green lawn is the best defense against a grass fire during the summer.

\* Discard cardboard boxes, newspapers, magazines, and old clothes that have been in storage throughout the winter.

\* While barbecuing keep the grill at least 10 feet away from any structure or in the middle of the patio. Be extra careful if young children are in the area. Ensure briquettes are completely cooled before disposal.

For questions or concerns, call the Fire Prevention office at 634-8677.

# Tricare offers resources, treatment for alcohol abuse

By Brian Smith  
TriWest Healthcare Alliance

## Don't Be 'That Guy'

As part of a proactive outreach campaign, the Department of Defense launched "That Guy," a multimedia campaign with the goal of reducing excessive drinking among servicemembers, with a campaign reminder, "Don't be 'that guy'!"

Although "that guy" is the butt of many jokes, the affects of alcohol-particularly prolonged abuse-can have a significant impact on the health and wellbeing of service members and those who love them.

In fact, more than 16,000 active duty servicemembers volunteered to complete a Pentagon survey with results released earlier this year, showing that 44.5 percent of respondents participated in "binge drinking," up from 41.8 percent in 2002.

Results also indicate higher rates of heavy alcohol, cigarette and illicit drug use among those deployed from 2002 to 2005 than those who did not deploy. The survey was the ninth in a series of similar surveys administered by the Pentagon about health-related behaviors of active duty military.

"Alcohol abuse is common among servicemembers returning from combat duty who try to self-medicate in hopes of relieving such symptoms as difficulty sleeping, irritability or anxiety -- all common side effects of combat stress.

But if left untreated, their problems can get significantly worse," cautions Dr. Blake Chaffee, vice president of Integrated Health Care Services for TriWest Healthcare Alliance. TriWest manages access to Tricare services and providers throughout Tricare's 21-state West Region.

## Help is Always Available

Regardless of the reason for alcohol abuse, help is always available. Tricare-eligible servicemembers and their dependents are eligible to receive care at Military Treatment Facilities and Tricare-network behavioral health providers.

In fact, eligible family members may attend up to eight behavioral health outpatient visits each fiscal year (October 1 to September 30) without a referral.

A printable brochure with an overview of Tricare-covered behavioral health care benefits and treatment options is available online at [www.triwest.com](http://www.triwest.com). Select "Beneficiary Services" then click on "Handbooks, Brochures and Flyers," and select Tricare Behavioral Health Care Services from the drop-down menu.

TriWest also offers a Behavioral Health Portal at [www.triwest.com](http://www.triwest.com),

with an interactive map of resources by state, a variety of self-help options and answers to frequently asked questions. To access the portal from [www.triwest.com](http://www.triwest.com), select "Behavioral Health" from the left navigation menu. TriWest's Behavioral Health Crisis Line is also staffed by clinicians around the clock, at 1-866-284-3743. Family members are invited to use these resources as well if they feel there might be a problem. But, remember, if there is an emergency, always call 911.

## Other resources:

- \* Tricare ([www.tricare.mil](http://www.tricare.mil))
- \* Military OneSource ([www.militaryonesource.com](http://www.militaryonesource.com))
- \* National Council on Alcoholism and Drug Dependence ([www.ncadd.org](http://www.ncadd.org))
- \* U.S. Department of Health and Human Services ([ncadi.samhsa.gov](http://ncadi.samhsa.gov))

[www.airforceonesource.com](http://www.airforceonesource.com)

**Jenny:** Jenny follows the adventures of a young Air Force spouse determined to overcome the challenges of a military lifestyle. Drawn from the real lives of both contributors and the cartoonist, Jenny's experiences reflect the humor, ingenuity, and sheer determination necessary to be successful as the spouse of an active duty military member. For more *Jenny* comics, visit <http://www.jennyspouse.com>.

How-To: "Spouse-Speak" (or "Just another Cassie moment")

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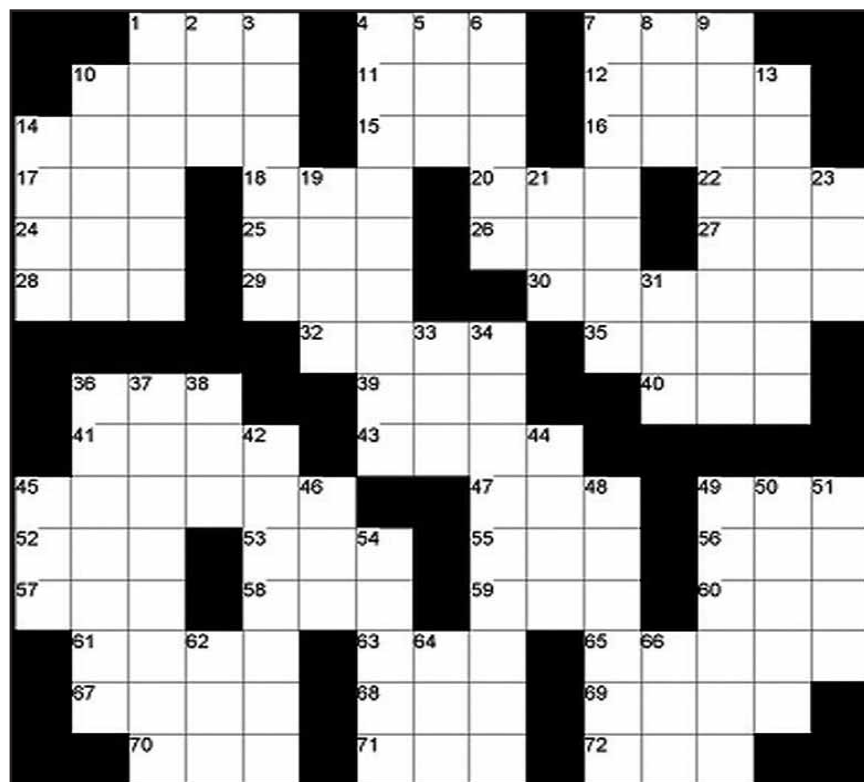




# Find the Base ...AMC, Vol. 2

By Capt. Tony Wickman

71st Flying Training Wing Public Affairs



## ACROSS

1. 18th AF
4. Russian space station
7. Precursor to AMC
10. Fiddling ruler
11. CBS TV show
12. Ocean bivalve
14. Sword
15. Discard
16. \_\_\_ Bend Auxiliary Air Field, Ariz.
17. Flightless bird
18. Chinese Chairman
20. Antelope
22. Perform
24. Snakelike fish
25. USAF rank
26. \_\_\_ Lanka
27. Org. associated with Ballistic Missile Defense
28. Spy org.
29. X
30. Bid
32. First person
35. British royalty
36. Meal in the field
39. Grazing land
40. Zero
41. Soda
43. Viking Ericsson
45. Performing
47. \_\_\_ de Janeiro
49. Faucet

52. Fed. agency that insures residential mortgages
53. Expire
55. News outlet
56. Lament
57. Small child
58. Fink
59. Carve
60. Terminate
61. From memory
63. News outlet
65. Blacksmith's item
67. Puffed on
68. State home to the 436th AW (Dover), in brief
69. Horse riding need
70. Affirmative
71. Terminate
72. \_\_\_ Moines

## DOWN

1. Galaxy sight
2. Exist
3. Disc requirement
4. AMC base home to the 22nd ARW
5. Love \_\_\_ \_ Many Splendored Thing
6. Saturn objects
7. AMC base home to the 305th AMW

8. The Greatest
9. Seafood dish
10. Monikers
13. AMC base home to the 6th AMW
14. Observe
19. Iowa city
21. Nat.'l satellite org.
23. The Joy Luck Club writer Amy
31. Anchorman Rather
33. Appomattox figure
34. AMC base home to the 92nd ARW
36. AMC base home to the 62nd AW
37. Passing in succession
38. Inventor Whitney
42. AMC base home to the 316th WG and 89th AW
44. Wonderful
45. Back of the boat
46. Jolie film
48. Ahead
49. AMC base home to the 60th AMW
50. Plant growth hormone
51. Strip off
54. Musical piece
62. Golf prop
64. Author
66. Formerly

## Come on in, the water's fine at Beale's swimming pools

Hey Team Beale, are you ready for summer? 9th Services is, and we have two pools all ready for some cool fun all summer long. The Main Base Pool will open on Saturday, May 26 and the Lakehouse pool opens Saturday June 9.

The **Main Base Pool** is located next to the Harris Fitness Center and adjacent to the Community Activities Center. The Main Pool garners all fitness style swim activities including, lap swim, fitness programs and swim team practices. Open Swim and Swim Parties are also popular venues which take place at the Main Pool. The Main Base Pool has a 10' tall water slide that spans 31' in total slide length! The pool also houses a smaller slide for younger children, a baby pool and bathroom and shower facilities. A full-service snack bar and retail area, a picnic area, and loads of comfortable pool side furnishings are also among the popular offering at the Main Base Pool.

The **Lakehouse Pool** is located in the housing area, behind VOQ lodging quarters, and is a popular attraction for base families. This pool also offers an exciting 10' slide, a baby pool, bathroom and shower facilities, along with a full-service snack bar and retail area. A tree covered picnic area is adjacent to the pool, and loads of comfortable pool-side furnishings are available. The Lakehouse Pool is also home to most swim lesson programs for added convenience to base families.

### LEARN TO SWIM PROGRAM

Private Lessons are \$15 per 30 min, and parent/tot class is \$25. All others are \$40. Lessons are held Monday through Thursday, and run 30 minutes a day in 2-week sessions. Students are placed in classes based upon age and ability levels. Lessons are normally available both mornings and evenings, Monday - Thursday at the Lakehouse Pool. Class size is limited to 4-6 students per class. Registration begins Saturday June 9 at 8:00 AM at the Main Base Pool. Season pass holders receive a 10% discount.

### POOL PARTIES

\$50 per hour (up to 50 guests) Parties exceeding 50 guests will be charged an additional \$25 to cover additional lifeguard expenses. For a nominal fee, the pool staff can arrange for your group themed parties and additional equipment (BBQ's,



decorations, etc.) needed to coordinate your event.

### SPECIAL EVENTS

Airmen Friday's: Every Friday from 1:30-6:00 PM Airmen (E4 & under) swim for ONLY \$1.00!!

July is Family Month: Every Wednesday night in July from 5:00-8:00 PM is Family Night. Each Wednesday night Beale's Main Pool will host a different evening of fun. Come out and enjoy themed nights, relay events, music, contests, games, prizes, food and fun for the entire family. Plus... more special events to be announced.

Check your local pool and the *High Flyer* for updates and events. For discount swim passes and punch cards stop by the OAC. For more info call the Main Pool at **634-2262** or the Lakehouse Pool at **634-5795** starting on May 26th.

2007 18 events... 4 quarters... **1 WINNER!**

## Beale Cup May Events:

**Thurs, May 24th:**

1:00 PM Base Running Track

**JOUST, TUG-O-WAR**

**STRONGEST MAN/WOMAN**

**FASTEST MAN/WOMAN**

**AWARDS PRESENTATION 3 PM**

**Harris Fitness Center  
634-2258**

### PEDAL, PADDLE, PANT RESULTS

1st place - MSG (25:58)

2nd place - 548 IG (25:59)

3rd place - MXG (no official time)

**Beale Cup standings** (as of 051507)

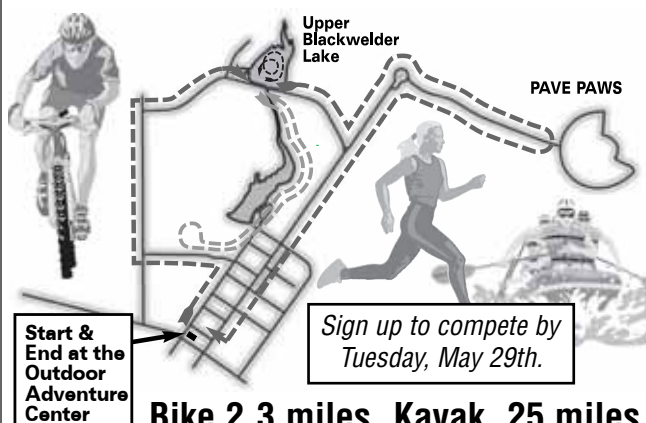
9 MSG - 55 points 9 MXG - 14 points

548 IG - 53 points 9 MDG - 1 points

9 OG - 24 points

## RECCE CHALLENGE ADVENTURE RACE BIKE • PADDLE • RUN THURSDAY • MAY 31, 2007

8:00 AM at the Outdoor Adventure Center



Start & End at the Outdoor Adventure Center

Sign up to compete by Tuesday, May 29th.

**Bike 2.3 miles, Kayak .25 miles,  
Run 2.2 miles, Bike 5.7 miles.**

Sponsored by: Propel, Gatorade, Aquafina and TJ's Coffee & Deli. No federal endorsement of sponsors intended.

**We Need Volunteers! Stop by the Harris Fitness Center or call 634-2258**

## LIFEGUARDS/WSI INSTRUCTORS



## & CASHIERS NEEDED FOR BASE POOLS

Lifeguards must have CPR / First Aid, Title 22 & Lifeguard or WSI Training Certificates.

**AF & NAF positions available.**

Great opportunity for High School & College students  
AF positions- call **Civilian Personnel 634-2255**. NAF positions call **HRO 634-2243**.



### LGI COURSE

(LIFEGUARD COURSE) \$125  
Course Dates: Wednesday 5/30 - Sunday, 6/3 (4 hrs. each day)

### WSI

(SWIM INSTRUCTOR) \$150  
Course Begins: Monday, June 5

All courses held at the Main Base Pool. Courses include all materials, books and related certifications upon completion. Sign-up at the Outdoor Adventure Center or more information contact **Peggy O'Malley at 218-6007**

## BACK PORCH BBQ

**EVERY THURSDAY**

11:00 AM-

1:00 PM

**Ribs, Chicken,**

**Steak or Hotlinks.**

Choice of two sides; baked potato, corn on the cob, potato salad, fruit, or baked beans. Comes with a medium drink.

**only \$7.50**

## TUESDAY NIGHT DARTS

**Starts at 6:00 PM**

Tournament Format • Cash Prizes

## COLORAMA

**Last Saturday of the month**

**6:30- 11:00 PM**

New Payout, Crazy Eight Jackpot

## COSMIC COUPONS

**Fri & Sat • 7:00- 11:00 PM**

Win valuable coupons with a strike!

**Beale Lanes • 634-2299**





## Community Center's America's Kids Run

*Participate in one of the largest children's running events throughout the world*

Come out and enjoy the 22nd annual America's Kids Run on May 19th 2007. The America's Kids Run is one of the largest children's running events throughout the world. Air Force families both in the U.S. as well as those stationed overseas all actively participate in this unforgettable once a year experience.

America's Kids Run not only exercises the body, it also challenges the mind, and strengthens our community spirit. Children never forget the memorable experience of crossing the finish line while onlookers cheer them through the last few strides of their run. "Last year's event was so exciting. It was amazing to see such little people sprint across the finish line while parents and other spectator's rooted for and applauded them as they finished," says Amy C. Frew, **Community Center** Assistant Director. "The run is especially important this year to increase awareness regarding physical exercise for our children. Childhood obesity rates have skyrocketed and this is one way we as a community can promote healthy lifestyle habits," Frew says.

The America's Kids Run has been recognized nationally in *National Geographic World*, *National Road Runners Management*, *Runners World*, and *USA Today*. It is recognized as the working model for children's running events throughout the country.

So what do you need to know prior to this Saturday's run? When: Saturday, May 19th 2007 registration begins at 8:45 AM, race starts at 9:00 AM. Where: Fun Run Trail.

Who: Anyone over the age of 5 years old.

### Age and running categories:

Ages 5 & 6 run 1/2 mile      Ages 7 & 8 run 1 mile  
 Ages 9 - 13 run 2 miles      Ages 13 - Adult run 5K

There will also be a free t-shirt for all participants who finish the run!

### Tips for a safe and successful run:

- Wear proper running attire – loose fitting clothing and running shoes in good condition (make sure laces are tied tightly before running, even double-knotting).
- Always stretch before and after running
- Use good running form – keep hands loose, let your arms swing freely, run upright and softly, and avoid slapping feet on the ground.
- Drink water before, during, and after the race – especially in warm weather
- Most importantly, have fun!

For sign ups and more information please call the Community Center at **634-3165**.

## GREAT OUTDOOR adventures!

ALL TRIPS AND TICKETS ARE OPEN TO MILITARY & DoD CIVILIANS

### Six Flags Discovery Kingdom Beale Family "Fun Day"

June 17 • 8:00 AM-8:30 PM. **DEADLINE TO SIGNUP IS 6/14**  
 Cost: \$35.00 (ticket, transportation & souvenir picture). OAC has coordinated with Six Flags Discovery Kingdom, America's only combination wildlife park, oceanarium and theme park for a day of huge fun. Enjoy the roar of a classic wooden roller coaster featuring an opening drop from 10 stories high and speeds of up to 50 miles per hour or the Medusa, an exciting coaster floorless, high-speed, multi-inversion steel super coaster! Also, kids and parents can ride and play together in the huge Looney Tunes-themed Park! This trip includes roundtrip transportation, a free 6x8" souvenir picture and your discounted admission to the park. This trip is a huge savings due to high gas prices, parking fees and ticket prices. Don't want transportation? Pick up your specially priced, "Beale Six Flags Fun Day" ticket at OAC- for \$27!

### White Water Rafting Trips

June 2, 10 & 23 • 9:30 AM-6:30 PM • Cost: \$45  
**SIGN UP DEADLINE TO SIGNUP: 5/30, 6/6 & 6/20**

Join us for a full day of white water rafting down the So. Fork of the American River, as our team of trained, professional guides accompany you down Class 3 rapids. Catch the rush of white water rafting during this unforgettable trip! All safety equipment and transportation is provided. All you need to bring is your sense of adventure, sunscreen, lunch and plenty of water. A detailed list of recommended supplies for this trip is available.

### Pilot Peak Private Wine Tasting and Hor'dourves

**SIGN UP DEADLINE: 6/7**  
 June 10 • 12:30-6:00pm • Open to 21 years & older • Cost: \$15  
 Relish in an afternoon of generous hospitality, fantastic food and award-winning wine at beautiful Pilot Peak Winery, located in the Sierra Foothills. This private group event will introduce & educate you on the winery itself and the art of wine tasting, while sipping a complimentary glass of one of Pilot Peak's award-winning wines. You will then be treated to a complimentary flight of Pilot Peak's wines and catered hor'dourves served on their beautiful stone-wall terraces overlooking the beautiful foothill valley. Afterward, we will travel to downtown Grass Valley for a self-guided wine tasting tour at Lucchesi, Burch Hall and Sierra Star tasting rooms.

**OUTDOOR ADVENTURE CENTER • 634-2054**

## 5K FUN RUN

WEDNESDAY'S • 6:30 AM • AT THE FUN RUN PATH

### >> TOP 4 <<

1. LtCol Rex Calvert Det 8 21:40
2. CMSgt Steve McDonald MSG 22:03
3. Bill Baltzell 9 SVS 22:51
4. A1C Alexandre Zurita 9 LRS 22:51

Harris Fitness  
 Center  
 634-2258



## CONTRAILS

### Memorial Day Meal

May 28th • 10:30 AM-1:00 PM  
 BBQ Chicken, Ribs, Baked Fish, Western Rice, Baked Potatoes, Assorted Veggies.

### Mongolian BBQ

Every 3rd Thursday 11:00 AM-1:00 PM

**Ethnic Meal Wednesday**  
 Carry Out Sandwiches now available.

## May 23<sup>rd</sup> • 11:30 AM

For Pre-school & Young School Age Children



with Crafts

A craft will be included & library items can be checked out by participants.

**Hub Zemke Library • 634-2314**

## Youth Center



### SWIMTEAM Ages 5-18 REGISTRATION

\$40 members, \$50 non-members

**Beale Barracudas compete in the Golden Valley Swim League.** (Must know how to swim.)

### JUNE EVENTS

### Tween Luau at Main Base Pool

June 1<sup>st</sup> • 6:30-9:30 PM

Ages 9-12 • \$3 memm, 45 non mem.

Bring an eligible printer cartridge to recycle and get \$3 off admission.

### Tennis Classes with Kenny Pack

June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

Ages 7-11 • 4:00-5:00 PM

Ages 12-18 • 5:00-6:00 PM. \$15 per hour-long class.

Updated  
 Schedule

Youth Center • 634-4953



MAY TOURNAMENTS & EVENTS

## NCGA 2-PERSON QUALIFIER

MAY 19<sup>th</sup> • 8:00 AM Tee Time

**MUST BE ON THE CRGC NCGA ROSTER**

Entry fee based on amount of teams entered.

**Coyote Run Golf Course**  
 788-0192